

Milpitas Sports Center
1325 E. Calaveras Blvd.
Milpitas, CA 95035
(408) 586-3225

TDD (408) 942-3286



December 2008

Aquatics Program Schedule

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
Monday	6:45-7:45am	Water Exercise	Kellie
	4:30-5:30pm	Rusty Hinges	Janet
	5:30-6:00pm	Arthritis Aquatics	Janet
	6:00-7:00pm	Water Exercise	Janet
Tuesday	6:00-7:00pm	Water Exercise	Janet
Wednesday	6:45-7:45am	Water Exercise	Kellie
	4:30-5:30pm	Rusty Hinges	Janet
	5:30-6:00pm	Arthritis Aquatics	Janet
	6:00-7:00pm	Water Exercise	Janet
Thursday	4:30-5:30pm	Moms in Motion	Janet
	6:00-7:00pm	Water Exercise	Janet
Friday	6:45-7:45am	Water Exercise	Kellie
Saturday	9:15-10:15am	Water Exercise	Kellie

Lap Swimming

Morning	6:00-8:00am	M/W/F
	10:00-12:00pm	Sat.
Afternoon	11:30-1:30pm	M/W/F
Evening	6:00-8:00pm (Meter Pool)	M-Th
	7:00-8:00pm (Yard Pool)	M-Th

